Mrs. John Canada, left, Home Life Department Chairman, and Mrs. Ray Lewis, guest speaker at the November meeting of the Appomattox Junior Woman's Club.

Jr. Woman's Club Hears Mrs. Lewis

The Appomattox Junior Woman's Club met on November 26, 1974, with the Home Life Department in charge of the program. Mrs. John Canada, Chairman, introduced Mrs. Ray Lewis (Carolyn) as the guest speaker. Her very personal and informative program was on the Pediatric Endocrine Laboratory at the University of Virginia Hospital, a state project of the Woman's Clubs, and her son Eddie's involvement with Dr. Ann Johanson at the lab.

As Carolyn spoke she told club members of Eddie's congenital defects and that since diagnosis of dwarfism he has been taking the painful Human Growth Hormone injections for the past three years and eight months. Now at age 6½ he is approximately the same size as his sister, Tammy, age 4½ and they are growing at the same rate. Other defects have included operations for cataracts and treatment of hypoglycemia. She also stated that Eddie is one of 700 patients being seen at the University, but of the 15,000 children in America who could benefit from the treatment that Eddie is receiving only 500 do receive it. This is due mainly to the scarcity of the hormone, which is extracted from the pituitary gland of a deceased person. Approximately 150 to 200 glands are needed for one child's yearly supply. In addition to donors being needed for the glands, the lab is in need financially to continue its research and operation. Hopefully these two goals will be reached through the efforts of the Women's Clubs and other concerned persons.

FOOD SHOPPER

By
Cathy B. Hinton
Virginia Department
of
Agriculture

Who can eat just one peanut? It has been said that an American missionary introduced the peanut to China in the province of Shantung in 1929. The missionary had two quarts of peanuts which he divided between two Chinese converts with the admonition to replant the harvested peanuts each year for three years.

One of the Chinese farmers did just that, and his quart of peanuts multiplied and spread throughout the province. Shantung later became famous as a peanut growing area.

The other farmer tasted a peanut and found it so delicious that he ate his entire first crop. It's easy to understand why it's impossible to eat just one peanut.

Peanuts are used in foods from "soup to nuts" and can be quite a food bonus in these times of higher food prices. Consumers spend more and more for protein foods and peanuts offer an economical choice in the protein area. Did you know that four tablespoons of peanut butter supply about the same amount of protein as two ounces of lean cooked meat?

Of course peanuts are the main ingredient in peanut butter, but they are also used in a multitude of culinary favorites. Peanuts pop up in casseroles, desserts, soups, and salads or combined with vegetables. They're flavorful plus versatile.

One often asked question is how to purchase peanuts. One and a half pounds of Virginia type peanuts in the shell equal one pound shelled. Stop and compare the price of shelled vs. unshelled and remember to consider the relative importance of time and money involved. In most cases, time is saved and waste is minimized by purchasing shelled peanuts.

Storage is no problem, to retain crispness and flavor peanuts should be stored in tightly closed containers and refrigerated. The main factor in spoilage is high fat content so be sure to store properly. Speaking of fats, peanuts are rich in polyunsaturated fats plus B-vitamins.

Of course there are numerous stories and uses concerning peanuts. One interesting use is that a small amount of peanut butter on your fingertips can be used to remove gum from hair. But one has to admit the favorite of peanuts is as a food item. If you would like some peanut pleasing recipes please write to:

Mrs. Ann Marshall
Virginia Department
of Agriculture & Commerce
203 N. Governor St.
Richmond, Va. 23219

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VA Questions & Answers

EDITOR'S NOTE: Veterans and their families are asking thousands of questions concerning the benefits their Government provides for them through the Veterans Administration. Below are some representative queries. Additional information may be obtained at any VA office.

Q - The Veterans Administration has just turned down my disability claim, and I'd like to contest the decision. How can I go about this?

A - You may file a notice of disagreement through your VA regional office to the Board of Veterans Appeals, appearing in person or having someone or an organization represent you.

Q - When I was released from service about two months ago, I applied for a GI home loan, but a lender turned it down. What can I do? I need a home for my wife and family.

A - You should check with other lenders. Some lenders are not interested in making GI loans but this does not preclude the possibility that another lender in the same area will extend you a loan.

Q - I'm thinking of going to school under the GI Bill. Will the Veterans Administration pay me educational assistance for attending just certain schools and courses, or do I have a choice?

A - The school you select must be approved by a state approving agency, but you can choose your own course of study provided it is not barred by law and it leads to a recognized educational, professional or vocational objective.

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...mplin

...United Metho... ...day will be held ...ember 7, begin... ...Lunch will be ...ale, handicrafts. ...waste elephant

...ly extended to ...ilies in the loss ...Mrs. Bessie

...s were for Thanks... ...were: Mr. and ...Sheila, Salem; Mr. ...Martin and son ...Miss Emily ...Tricia Book. ...Miss Donna ...n and Mary ...Rick Book, VPI ...Bryce Williams, ...College; Mrs. P. E. ...Chenhol and Mrs. ...ended a meeting ...last Tuesday and

...Mrs. J. M. Inge ...giving and the ...with their son and ...w, Mr. and Mrs. ...Dayton.

...Mrs. Bob Perrin, ...Gabriela and Amy ...Pompano Beach, ...their home in ...Pa. visited her ...Williams and ...last week end.

...United Metho... ...Club will meet at ...Thursday, Nov. ...1:30 p.m.

...ton News

...School each Sunday ...o'clock.

...Club meeting and ...will be held ...0 p.m.

...Choir will prac... ...Dec. 14, at 2 p.m.

...for meeting Dec. 6. ...asked to be there

...and our deepest

Rocks

DEC. 2 - A few of the farmers will sell their whole crop of tobacco on opening day.

Mr. and Mrs. Barry Elder, of Radford, spent Thanksgiving here with their parents.

Joanne Elder and roommate, of Bluefield College, were here for the holidays.

Friends are sorry to hear that Ashby Marsh was in a car accident last week and broke his collarbone. A speedy recovery is wished him.

Rev. and Mrs. Don Wagner and Gary left Thanksgiving Day for Winston-Salem, N.C. to visit their son, Dennis and his family.

A large crowd was out for the supper and Thanksgiving Service at church on Wednesday night.

A number of families had their children with them for Thanksgiving Day.

Congratulations to the Rocks Quartet who received a trophy at the JC meeting recently.

A number from here were out Sunday afternoon for the singing at Piney Ridge Church.

Mrs. Clara Garrett and Mrs. Alice Jackson and Mr. and Mrs. Kenneth St John were visiting Mr. and Mrs. Toby Inge on Thanksgiving Day.

Mr. and Mrs. Bill Caldwell and boys spent the week end in Martinsville with Mr. and Mrs. Toby Inge on Thanksgiving Day.

Mr. and Mrs. Bill Caldwell and boys spent the week end in Martinsville with Mr. and Mrs. Bill Caldwell, Sr.

Rita Inge, of Maidson College, spent the holidays here with her parents.

It was stormy here over the week end.

sympathy to the family of the late Mrs. Willie A. Wheeler.

Mt. Zion and Caanan Baptist Churches will meet with Jordan Baptist Church on Thursday night, December 5, to make up the annual church calendar. Meeting time will be at 7 p.m.

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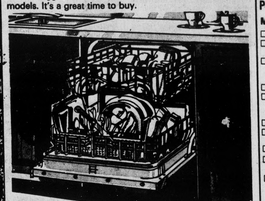

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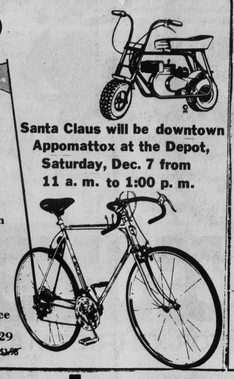
Santa Claus will be downtown Appomattox at the Depot, Saturday, Dec. 7 from 11 a. m. to 1:00 p. m.



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